



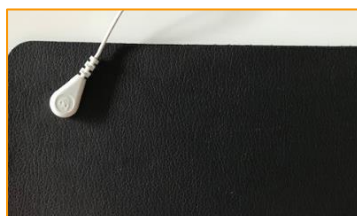
SET-UP, CARE AND SAFETY INSTRUCTIONS FOR EARTHING™ MATS

(Instructions for Sleep Mats, Yoga Mats, Mouse Mats,
Massage Mats and Universal Mats)

Thank you for purchasing an Earthing™ product from Earthing Oz

HOW TO SET UP YOUR EARTHING™ MAT

- Place your Earthing™ Mat in your desired location, depending on the type of mat you have purchased:
 - The Earthing™ Universal Mat, Massage Mat and Mouse Mat should be smooth side up with the snap connection tab facing upwards
 - The Earthing™ Sleep Mat should be smooth side up with the snap connection tab facing downwards towards your mattress. Fasten in place with the elastic straps
 - The Earthing™ Yoga Mat should be placed with the blue side facing downwards on the floor and the snap connection tab facing upwards
- Snap the magnetic cord onto the connection tab on your mat and insert the end of your Earthing™ cord into either of holes in the grey Australian adaptor plug with built-in splitter
- Plug the adaptor plug into a wall socket or power board. You can operate your Earthing™ Mat with the power switch turned on or off. You can verify that your electrical outlet is wired properly for grounding by using a Power Outlet Tester (available from Earthing Oz)
- Bare skin contact with your Earthing™ Mat is the best way to benefit from the transfer of the Earth's energy, but the mat will also be conductive through cotton clothing or sheets



Attach cord to connection tab on mat



Adaptor plug with built-in splitter



Plug adaptor into wall socket or power board

HOW TO CARE FOR YOUR EARTHING™ MAT

- Periodically clean your new Earthing™ Mat by simply wiping it down using warm water or a mild soap (non-corrosive cleaner). This will help to strip body sweat and natural skin oils from the mat. Allow to air dry only
- **DO NOT USE** any of the following items when washing your Earthing™ Mat as they can destroy conductivity: liquid fabric softeners / chlorine or oxy bleach / detergent containing bleach
- **DO NOT APPLY** body creams, oils or lotions before using the Earthing™ Mat to any area of your skin. Such substances can degrade the conductivity of the product. It is advised to wait one hour to use the Earthing™ Mat after applying products to your skin

SAFETY WARNING

- Always use as directed. Use only the Earthing™ approved connecting cord with built-in internal safety feature
- For your safety, locate any connecting cords in such a way that it does not cause a tripping hazard
- If you are taking any blood thinning or thyroid medication be sure to consult your doctor before earthing
- If you are testing to see if an outlet is properly grounded with a Power Outlet Tester and it does not display 'OK,' **DO NOT USE** the Earthing™ product before consulting an electrician
- It is the responsibility of the home owner to check that their home power outlets are in good working order. All Australian power point outlets must be earthed to comply with Australian Standards. If in doubt have your electrical system checked by a licensed electrician

STILL HAVE QUESTIONS?

Please visit our website at www.earthingoz.com.au or call us on 1300 832 326



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